



The Obesity Epidemic

What is the problem?

The 2003 Youth Risk Behavior Survey indicates that among North Dakota high school students:

Overweight

- 9% are overweight.¹
- 11% are at risk for becoming overweight.²

Unhealthy Dietary Behaviors

- 83% ate fewer than five servings of fruits and vegetables per day during the past 7 days.

Physical Inactivity

- 36% had not participated in sufficient vigorous physical activity during the past 7 days.³
- 71% had not participated in sufficient moderate physical activity during the past 7 days.⁴
- 7% had not participated in any vigorous or moderate physical activity during the past 7 days.
- 48% were not enrolled in a physical education class.
- 63% did not attend physical education class daily.

What are the solutions?

Better health education • More physical education and physical activity • Healthier school environments

What is the status?

The 2004 School Health Profiles indicates that among North Dakota middle/junior and senior high schools:

Health Education

- Among schools that require health education, 75% require students to take two or more health education courses.
- 72% of schools teach 15 critical nutrition and dietary topics in a required health education course.
- 44% of schools teach 12 critical physical activity topics in a required health education course.

Physical Education and Physical Activity

- Among schools that require physical education, 90% require students to take two or more physical education courses.
- 97% of schools with a required physical education course do not exempt students from taking physical education because they are enrolled in other courses or participate in sports or school activities.
- 47% of schools offer students intramural activities or physical activity clubs.

School Environment

Among schools that allow students to purchase snack foods or beverages from vending machines or at the school store, canteen, or snack bar —

- 22% have fruits or vegetables available for purchase.
- 84% have 100% fruit juice available for purchase.
- 99% have bottled water available for purchase.
- 2% do not allow students to purchase candy; high fat snacks; or soft drinks, sports drinks, or fruit drinks that are not 100% juice during school lunch periods.

¹ ≥95th percentile for BMI by age and sex

² ≥85th percentile but <95th percentile for BMI by age and sex

³ Participating in physical activities that made them sweat and breathe hard for ≥20 minutes on <3 of the past 7 days

⁴ Participating in physical activities that did not make them sweat and breathe hard for ≥30 minutes on <5 of the past 7 days